



CABINET FOR HEALTH  
AND FAMILY SERVICES

Department for  
Community Based Services

# The Vision

December 2021

Marta Miranda-Straub, Commissioner

## Trauma-informed care promotes staff resilience

**A**s 2021 ends, we recognize the full scope of the events of this year and their lasting effects on all of us. Through COVID-19, the continued racial reckoning, the adverse effects of addiction and substance use disorders, the largest workforce capacity crisis in our history, and just this month, the worst tornado event the Commonwealth has ever seen. So many of you – and so many of our consumers– have been personally touched by these compounding and their ripple effects. These are tragedies and losses we have experienced both directly and secondarily. We are all connected, what happens to one of us affects all of us. We have come together to lift one another in compassionate response. Whether through providing DCBS services, qualifying for needed resources, implementing psychological first aid, taking part in caring circles, we have been and continue to be here for each other.



### From the Commissioner

*Read the story [here](#)*



## Ways to give to Western Ky tornado relief

All Kentuckians are touched by the devastating loss from the recent Western Kentucky tornadoes. As that region recovers and its citizens rebuilds, we can help them now and into the future. The CHFS Office of Human Resources Management has suggested these ways we can all help.

*Read the story [here](#)*

## Salt River Trail DPP duo named Superheroes



**Lisa Underwood**

Congratulations to our most recent Superheroes, Lisa Underwood and Shirley Woodside, both of the Salt River Trail Region!

*Read the story [here](#)*



**Shirley Woodside**

## Lee's work supports relative caregivers

Meet Maurice Lee, a Service Array Specialist within the Out of Home Care Branch in the Division of Protection and Permanency. Maurice's area of expertise is supporting relative and fictive kin caregivers. He has a particular concern for helping



**Maurice Lee**

colleagues understand the service array DCBS offers these extraordinary caregivers. Maurice is pretty great, too! Learn more about him.

*Read the story [here](#)*

# DFS helping low-income Kentuckians apply for affordable water subsidies

As part of an ongoing effort to address the financial impact of COVID-19, Gov. Andy Beshear announced on Dec. 1 that Kentucky will receive over \$18 million in federal aid to help households that have fallen behind on paying their water bills and face disconnection of service or have already been disconnected.

The funding – \$18,684,749 – will come from the federal Low Income Household Water Assistance Program (LIHWAP). Kentuckians can apply now.

The funding will allow for benefit payments made directly to water vendors, covering delinquent water bills, past-due charges, fees and taxes for drinking and wastewater services.

LIHWAP is a federal program funded through the Consolidated Appropriations Act and the American Rescue Plan Act of 2021. Secretary Eric Friedlander said Kentucky residents who qualify for the Low Income Home Energy Assistance Program, or LIHEAP may be considered for LIHWAP help, too.

Friedlander said that LIHWAP is a temporary emergency water/wastewater

program intended to help low-income households and families during the COVID-19 pandemic.

“This benefit for eligible households who have been disconnected or are on disconnect notice from water/wastewater services or arrearages for water/wastewater services is funded through September 2023 or until funds run out,” he said.

The program is supported through the Division of Family Support and is administered through Kentucky Community Action Agencies (CAAs) that serve all 120 counties. Kentuckians can apply by contacting their local CAA.

Check out the fact sheet with Kentucky eligibility information: [bit.ly/3G94MDS](https://www.acf.hhs.gov/ocs/programs/lihwap).

Learn more about LIHWAP here:

<https://www.acf.hhs.gov/ocs/programs/lihwap>.

## Economic Supports



# Living Well resources offer tips on stress management



The LivingWell website can help staff cope with stress - both professional and personal. Stress management refers to a set of techniques to help reduce stress. There are many techniques, including physical activity, breathing exercises, reading, and avoiding caffeine or alcohol.

Benefits of managing stress may include better sleep, weight loss, less neck and back pain, improved mood, and better relationships

with family, friends and colleagues. Log into LivingWell

and learn more about ways to manage stress at [www.webmdhealth.com/lstreams/Stress](http://www.webmdhealth.com/lstreams/Stress).

## Health

*Living* ➔ *Well*



### Redeem Reward Points by Dec. 31

Your earned LivingWell Online Reward dollars must be redeemed by Dec 31, 2021; **they do not roll over**. Log in to [KEHPLivingWell.com](http://KEHPLivingWell.com) and click on "Rewards" to claim what you have earned. Please note that the WebMD Customer Service offices close at 2 p.m. EST Dec. 30, 2021, and will remain closed through Jan. 1, 2022. Although staff will not be available, the portal will be available for you to redeem rewards through the deadline.